

JULY 2023

The Communicator

MONTHLY NEWSLETTER OF LUTHERAN CHURCH OF THE LIVING CHRIST

From the Pastor

Life Stewardship

Life Stewardship is the state we live in when we come to the understanding that everything we are, everything we have, basically everything is given by God. Every second we live, we are engaged in receiving gifts from God. Whether it be our food, clothing, the air we breathe, our employment, our family, friends, neighbors, freedoms, and every blessing or curse in our life...it is in our life for a reason and as a gift.

Sometimes finances and blessings can seem lacking. It can be difficult to see where there will be anything left to give. But, there are some very good and proven promises that God has given to us...especially during those bleak times.

Malachi 3 says, "Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this," says the LORD Almighty, "and see if I will not throw open the floodgates of heaven and pour out so much blessing that you will not have room enough for it." This is the ONLY place in the Bible where God says, "test me". God does this because the challenge is not simply financial, it's a challenge of the heart.

In Luke 12:34, Jesus says, "For where your treasure is, there will your heart be also". When your heart is set on God, the word treasure takes on a whole new meaning. It's not simply material things, it's grounded in the eternal places from which all things come - God.

In 2nd Corinthians 9:7, Paul says, "God loves a cheerful giver." Here's another assurance that you are loved by God in this promise: God loves a cheerful giver! The beloved of God are cheerful givers.

Matthew 6:3 speaks to manner in which we should give. Saying that we should give freely to the needy and not let our left hand know what our right hand is doing. After all, if we are asking God to use our hands to show the love of Christ, then that request is fulfilled when it is God using our hands to live generously.

Thank you for sharing your gifts, and remember - "God is able to provide you with every blessing in abundance, so that by always having enough of everything, you may share abundantly in every good work" (2 Corinthians 9:8). Praise be to God in Christ Jesus!

Please find on the last page the Stewardship giving guide.

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Find us on Facebook - Lutheran Church of the Living Christ ELCA

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Weekly Gatherings

SUNDAY WORSHIP

9:15am, in-person and Zoom

ADULT SUNDAY SCHOOL

10:30am, in-person

TUESDAY BIBLE STUDY

10am, in-person

7pm, Zoom

LCLC Staff

PASTOR

MATT HELFRICH
760-855-3382

SECRETARY

CYNTHIA SWAN

CHOIR

DIRECTOR/ORGANIST

DAVID EGGERS

PIANIST

GREG OTT

THE BIBLE WORD SEARCH



BiblePuzzles.org.uk

BAPTISM
BIBLE
CHRIST
CREATION
EARTH
ETERNITY
GARDEN OF EDEN
GENESIS
GLORY
GOD

GOOD NEWS
HEAVEN
HOLY
ISRAEL
JERUSALEM
KINGDOM
LIFE
MARY
MESSAGE
MOSES

NAZARETH
PRAYER
RESURRECTION
REVELATION
SALVATION
SAVIOUR
SIN
SPIRIT
TEMPTATION
WATER

Articles Due 21st of each
month

Council President

Randy Henning

Things are moving along and the pace should pick up very soon. The congregational vitality survey some of you filled out has been compiled and by the time you read this, we will have had a debrief on what it showed. That will initiate plans by the council to take specific actions to take advantage of the strengths and to try to overcome whatever shortcomings we might have. In addition very soon the pastors and council presidents will be meeting to talk over the situation with North County ELCA churches, where we are or where we aren't, and how we can best work together to create and maintain strong relationships with each other and our communities. I look to all of you to provide the support we will need to make it happen and be the success that will last a long time into the future.

In addition, we will be kicking off our stewardship campaign in July, with pledges being due the first part of August. All of you know that our recent financial trend has NOT been positive. Thanks to a generous gift we recently received, we have a little more time to make the things mentioned above happen. That will be a marathon, not a sprint, so we need time. I ask all of you to do the best you can to provide financial support for this church and our direction for the future. We are NOT in financial difficulty now, but the trend of being between \$3000 and \$4000 in the hole every month has to be reversed. With time, the efforts mentioned above are potential solutions to the problem, but again, with time. In the meantime, we absolutely need all of you to step up and do what you can. That may mean incurring some compromises in other areas of your life, but just where does God and your faith rate on your priority list? Talk it over at home and give it very serious consideration. I wish financial issues had nothing to do with our spiritual mission here, but it does and the ways around it are NOT necessarily very attractive. I apologize for harping on this, but it is critical to our success. I hope you agree and will support us in August at pledge time. And please do pledge whatever the amount might be. It helps us plan for next year. I appreciate it and we will all look for God's help and guidance in the process.

Treasurer's Report

May for July

<u>Category</u>	<u>May Actual</u>	<u>YTD Actual</u>
INCOME	\$14,173	\$121,658
EXPENSES	\$18,428	\$80,334
Congregation Coord	\$0	\$150
Cong Vitality Team	\$0	\$0
MISSIONS	\$1,000	\$11,500
OFFICE	\$349	\$1,669
OUTREACH	\$65	\$65
PASTOR FUND	\$0	\$0
PROPERTY	\$4,153	\$16,888
STEWARDSHIP	\$217	\$217
SUPPORT	\$5,464	\$13,441
WAGES	\$7,180	\$36,096
WORSHIP	\$0	\$308

Total YTD Income \$ 121,658
 Total YTD Expenses \$ 80,334
 Total YTD Difference \$ 41,324

The expenses for the month of May were \$18,428 and the income for May was \$14,173. Through May our YTD expenses of \$80,334 are \$41,324 less than our YTD income of \$121,658. Because of the large gift received last month we have a large cash reserve. That reserve will give us some time to continue to work toward a path toward long term sustainability.

2023 General Funds paid to missions are as follows:

Central States Synod \$ 6,500
 Local Missions \$ 5,000

If you have any questions, please feel free to call or email me. Thanks.

Dave Endorf, Treasurer
 dave.endorf@gmail.com
 502-612-3518



July Nurse's Note by Cathie Lehr MSN, RN

FALL PREVENTION

25 Percent of the elderly will fall each year

Certain aging-related factors contribute to the risk of falls in older people:

- Health Conditions
- Medication Side Effects
- Vision Problems
- Balance and Gait Issues
- Environment
- Attempting To Do Things Beyond Their Ability
- Dementia

There are many consequences that may happen when an elderly person falls.

Most injuries are the result of weak muscles, brittle bones, and fragile joints.

Hips and wrists are the most common broken bones in the elderly.

Some ways elders can prevent falls:

- Be aware of medication side effects and environmental hazards
- Make sure clothing and shoes fit properly and are non-slip
- Get rid of clutter and tripping hazards in the home
- Use safety devices such as canes, walkers, grab bars, raised toilet seats, and transfer benches
- Make sure there is plenty of light and install night lights if needed
- Be alert when small animals are present
- Seniors can build muscle strength through a gentle exercise program such as chair yoga or tai chi
- Getting regular check-ups with medical care provider and eye doctor

A fall can be a shock to the body as well as emotional and disorienting

Other than visually obvious signs of severe injuries after a fall, there are several ways to raise cause for concern

Symptoms to observe after a fall:

- Do not attempt to move them. Ask them not to move until you are sure they are n serious injuries' Check to find out if they are able to speak. They may be able to tell you if they are hurting in a specific area
- If they can't speak, you must get them emergency help right away. **Call 911 immediately.**
- Look for broken bones, or possible fractures and sprains. Major bruising can be a clue for a reason to visit the emergency room.
- If the person is able to get up on their own safely, monitor them closely for increased confusion, or an impaired gait.
- If the senior complains of dizziness, vomiting, or serious headache, do not let them go to sleep or lay down, call 911 immediately. Additionally, changes in behavior after hitting their head may be cause for concern.

Additional Safety Interventions:

- Set up a family or friend wellness check system
- Consistently encourage and insist it is perfectly acceptable for elderly to seek any assistance
- Encourage senior to carry cell phone at all times
- Consider purchase and use of a medical alert system device or fall detection device

OUTREACH

On Sunday, August 6, 2023, Living Christ will welcome Janel Uelk from Lydia's House.

Lydia's Houses' mission is to provide domestic violence survivors and their children a safe place to heal, a voice for justice, and an opportunity for better and sustainable lives.

Janel Uelk will join us for church and give a presentation and discussion during the Adult Education time. Join us to learn more about Lydia's House, their mission and ministry.

EasyTithe Offering

As of August 1, 2023, EasyTithe will no longer be offered as a means for financial donations. The reason is that the maintenance fee has been increasing to the point that it is not cost worthy for the few people we have who are using it. Thank you.

Jeanne Calderwood, Financial Secretary



We are asking for volunteers to help with the **Car Show planning** committee. Please contact Cathie Lehr or Karen Haynes.



The Lunch Bunch will meet Thursday, July 13, at 11:30 at Ferguson Brew, 418 S. Florissant, Ferguson 63135. For reservations contact Judy Holmes at 314-355-1125 or mickey.holmes@att.net. All are welcome.

JUNE LUNCH BUNCH MET AT BANDANAS

Fifteen members and three guests enjoyed lunch and conversation at Bandanas on Thursday, June 8. A good time was had by all.

50+

The 50+ group will take a break for July & August. We will be back in September with a trip to the Transportation Museum. Enjoy your summer!

FIFTY PLUS JUNE PICNIC

Sixteen members and one guest enjoyed a delicious indoor picnic in the lower level of the church on June 28. Entertainment included St. Louis trivia. Most of us learned a lot! The smartest table won prizes. Thanks to Glenn and Jann Mueller for the good food and the fun.

SAVE THE DATE

*Lutheran Church of the
Living Christ*
CAR SHOW NEW AND USED
Car Show



9 SEPTEMBER | 10 AM - 4 PM
2725 CONCORD DR., FLORISSANT, MO

WWW.LC-LIVINGCHRIST.COM

Stewardship Begins in July

This year our Stewardship activities will begin in July. Pledge sheets are included in this issue and will help our treasurer and the budget committee prepare a budget for 2024. More are available on the table in the hallway. Please fill one out and return to Cynthia or Jeanne Calderwood by August 6.

Financial Statements

Six month financial statements for those who pledged in 2023 will be available for pick up from the hallway on July 9.

What does “Giving” mean to me? by JoAnn Ott

When I was a young girl, I enjoyed being spoiled by my loving parents who took us to Sunday School and Church and provided us with plenty of love and food and every good thing. When I was 10, Mom was asked to take in a foster child, a little girl four years old whose Grandfather, with whom she had been living, had passed away, and she needed a loving home while the agency found adoptive parents for her. After she arrived we were shocked at how little she had to bring with her and how she marveled at my toys. When she came down to breakfast that first morning she said sadly, “My Grandpa always gives me bread and lard for breakfast.” Up until I met her, I had been assuming that every little girl had a life like mine, but Margaret Ann had so little and now had even lost her loving Grandpa. She only stayed with us for a few months and was soon adopted but I have never forgotten her. Now, as an adult, for me, “Giving” means appreciating all the blessings that I have received, and taking up my God-given responsibilities to share from my abundance with those in need, and to share responsibility for the welfare of our nation and planet. When I take out my checkbook, I always think again of Margaret Ann and wish her a blessing, and in her honor I am careful to include support for the food banks.

Summer of Stories ~ personalized and paraphrased from an article by Tim Brown, Director for Congregational Stewardship

Fact: We worship in a building on the corner of Concord Dr. and New Halls Ferry Rd.

Truth: Our communal space is a ministry outpost in our neighborhood, a place where faith is incubated to be shared.

Fact: We recently replaced the air conditioner on the lower level and continue to maintain the unit on the upper level.

Truth: The purpose isn't to just cool our building, but to provide a safe place to learn and grow, the kind of comfortable environment necessary to hear the good news of Jesus Christ without distraction.

A comparison can be made to the building in which we each live. The deeper truth is told when we speak of making a life there, raising our children there, entertaining our family and friends there.

So much about stewardship has to do with the stories that surround our mission, the “why” more than the “what” of our life together as a congregation and as a whole church.

THANK
YOU

Thank you! Living Christ collected 206 diapers and \$250 for the St. Louis Area Diaper Bank. All donations were greatly appreciated!

Kathy Endorf

thank
you

THANK
YOU!

Thank you so much for the beautiful sympathy cards in half of my my great grandson Ben. He was our joy and now I hear they are seeking a cure for his disease.

Much Love,
DeDe Kavanaugh

THANKS!!!!!!

The food that has been collecting in the Shopping Cart was delivered on Tuesday, June 27th, but it does not end there. I wish you who donate could hear the thanks and see some of the people that depend on you for help. When I ask Janis if they had a shortage of anything, her reply was, "We need just about everything ..."

While we were unloading in front of Antioch Baptist Church there were men and women leaving, most walking and a few with beat-up bicycles. They were carrying plastic bags (like those coming from a grocery) that I could make out some articles of clothing and cans /boxes of food. Each one had an expression of what to me was like relief, even almost a smile!! Our donations filled the two, double shelf carts = twice along with new packs of socks. Janis sends thanks and blessings to everyone who had donated

Bob Fayman

Habitat Happenings

BY BOB FAYMAN

Going into Summer we are faced with different problems and availability of Volunteers. Weather Ofcourse, hot and humid, is always a primary issue with so many people that are Volunteering and not acclimated to working in temperatures and humidity in St. Louis. However, on the Good side, is many more businesses are allowing paid time-off days to their workers especially for charity and/or community activities. HABITAT ST LOUIS has been active in hiring new staff (mainly costruction).

LookAway = Or as it has become FarAway (just because it is) has become The Project, that is seeing Sponsor Groups coming in larger numbers this year!! 7 new houses, on the beautiful bluffs above Riverview Drive.

Orientation Classes are back on schedule beginning ...in July. If you want to hear more talk to Bob Fayman.

Celebrate July!

Birthdays & Anniversaries



Birthdays

Jeanne	CALDERWOOD	3
Beverly	ALBERS	6
Michelle	WILSON	12
Jasmine	YOUNG	12
David	OTT	22
Donna	CLIFFORD	22
Eric	DAY	25
Dolores	CHAPPELL	26
Randy	HENNING	26
Patty	WILSON	26
Gary	SCHULTZ	28
Joyce	WOLF	29
Betty	CLIFFORD	30

Wedding Anniversaries



Vern and Gloria	Broderick	5th	54
Paul and Shirley	Beins	18th	64
Glenn and Jann	Mueller	20th	22
Dennis and Dolores	Chappell	31st	47

Council Bullets

Volunteer opportunities:

- Zoom / PowerPoint operators for Sunday morning worship (contact Pastor Matt)
- Communion servers to shut-ins at their place of residence (contact Pastor Matt)
- Car Show committee members (Saturday, September 9, 10 am – 4 pm) (contact Karen Haynes or Cathie Lehr)

If you would like to receive communion at your place of residence, contact Pastor Matt.

- Community Garage Sale with Wedgwood (July 29)
- Outreach - Lydia's House will offer a presentation during church and adult education (August 6)
- Congregational Vitality Survey - Pastor Amy will present results from the recent survey to the congregation (July TBD)

July Worship Assistants

July 2, 2023

Preaching/Presiding: Pr. Matt
Assisting Minister: Randy Henning
Lector: Laurie Brown
Zoom & Slides: Gary & Laurie Brown
Musician: David Eggers
Ushers: Jann & Glenn Mueller
Greeter: Gloria Broderick
Altar Guild: Cathie Lehr & Joyce Meyer

July 30, 2023

Preaching/Presiding: Pr. Matt
Assisting Minister: Bill Kaepfel
Lector: Terry Calderwood
Zoom & Slides: Rod Wallace
Musician: David Eggers
Ushers: Jim & Doris Stoechner
Greeter: Marilyn Wiley
Altar Guild: Maureen Buchek & Marjorie Becker

July 9, 2023

Preaching/Presiding: Pr. Matt
Assisting Minister: Bill Kaepfel
Lector: Randy Henning
Zoom & Slides: Rod Wallace
Musician: Greg Ott
Ushers: Glen Albers & Ann Schultz
Greeter: Levaughn & Sheila Smart
Altar Guild: Karen Haynes & Sheila Smart

July 16, 2023

Preaching/Presiding: Pr. Matt
Assisting Minister: Angela Bennett
Lector: Angela Bennett
Zoom & Slides: Erle Craig
Musician: David Eggers
Ushers: Levaughn & Sheila Smart
Greeter: Jim Stoechner
Altar Guild: Joyce Wolf & Ann Schultz

July 23, 2023

Preaching/Presiding: Pr. Matt
Assisting Minister: Randy Henning
Lector: Bill Kaepfel
Zoom & Slides: Laurie & Gary
Musician: Greg Ott
Ushers: Dave Endorf/Randy Henning
Greeter: Judy Holmes
Altar Guild: Doris Stoechner & Marilyn Wiley & Bill Kaepfel

*****If you are unable to serve on your assigned date,
please swap with someone or find a replacement*****

JULY

SUN	MON	TUE	WED	THU	FRI	SAT
						1 5:30pm Noble Guard 2
2 Blood Pressure check 9:15am Worship 10:30am Adult Ed 11:00am True Vine	3 5pm Noble Guard 1	4 Independence Day Office Closed	5	6 11am Exercise Class 11:30am Lunch Bunch	7	8 5:30pm Noble Guard 2
9 9:15am Worship 10:30am Adult Ed 11am True Vine Church	10 5pm Noble Guard 1 6pm CVT 7pm Council	11 10am Bible Class 11am Exercise Class	12	13 11am Exercise Class 11:30am Lunch Bunch	14	15 5:30pm Noble Guard 2
16 9:15am Worship 10:30am Adult Ed 11am True Vine Church	17 5pm Noble Guard 1	18 10:00am Bible Class 11am Exercise Class	19	20 11am Exercise Class 7pm NCOTC (LL)	21	22 5:30pm Noble Guard 2
23 9:15am Worship 10:30am Adult Ed 11am True Vine	24 5pm Noble Guard 1 ----- 31 5pm Noble Guard 1	25 10am Bible Class 11am Exercise Class	26	27 11am Exercise Class	28	29
30 9:15am Worship 10:30am Adult Ed 11am True Vine						

Zoom links for events can be found on our website:
www.lc-livingchrist.org/calendar



A GIVING PRAYER

As we build "a future with hope" together, you are invited to pray this "Giving Prayer" daily. Find a quiet moment, center your heart, notice the steam rising from your cup of tea or the breeze moving through the trees, and pray...

Gracious God: Over and over, we become scattered and separated. Over and over, like a good shepherd, you find us and bring us home. For all the togetherness you've granted us at Living Christ, thank you. For the gift of faith that gets us through times of separation, thank you. For The Communicator, weekly emails, Zoom, our website, our Shepherds and all other people and tools that help us connect, thank you. In your generosity and grace, O God grant me the wisdom to see what I can give to make our separations easier, and our homecomings even more joyful. Amen.



I will fulfill to you my promise and bring you back to this place. For surely I know the plans I have for you, says God, plans for your welfare and not for harm, to give you a future with hope.
+ Jeremiah 29:10-11

GIVING CHART

To calculate your weekly gift, find your income on the left, and read across to the percentage of income you feel called to give.

Annual Income	Monthly Income	Weekly Income	2%	4%	6%	8%	10%	15%
\$16,000	\$1,333	\$308	\$6	\$12	\$18	\$25	\$31	\$46
20,000	1,667	385	8	15	23	31	39	58
25,000	2,083	481	10	19	29	38	48	72
30,000	2,500	577	12	23	35	46	58	87
35,000	2,917	673	13	27	40	54	67	101
40,000	3,333	769	15	31	46	62	77	115
45,000	3,750	865	17	35	52	69	87	130
50,000	4,167	962	19	38	58	77	96	144
60,000	5,000	1,154	23	46	69	92	115	173
75,000	6,250	1,442	29	58	87	115	144	216
100,000	8,333	1,923	38	77	115	154	192	288
125,000	10,417	2,404	48	96	144	192	240	361



PLEDGE CARD

Name _____

Address _____

City _____

State _____ Zip Code _____

I/We plan to give \$ _____ each ☐ week ☐ month

for an annual total of \$ _____ towards our mission and ministry.

I/We understand that this pledge can be changed at any time.

Signature _____ Date _____

Lutheran Church of the Living Christ
2725 Concord Drive
Florissant, MO 63033